MOUNTAIN HIGH
YOGA MOVES TO KEEP SKIERS SOARING {page 9}

LUNCH RUSH
A PAD THAI TO SING ABOUT AT VANXAI'S {page 10}

STUNT SECRETS
BECKINSALE TALKS ABOUT GETTING BETTER WITH AGE {page 7}

WINNIPEG metro®

Tuesday, January 17, 2012
www.metronews.ca

News worth sharing.

SHANE GIBSON/METRO

▶ A city committee approved a plan Monday that could see Kenaston Boulevard and the St. James Bridge expanded to six lanes by 2016.

Kenaston widening green-lighted

Extra lane could be added to each direction by 2016 Councillor says focus should be on improving alternative transportation

SHANE GIBSON
@METRONEWS.CA

The city's infrastructure and public works committee approved a plan Monday that could see Kenaston Boulevard widened by one lane in each direction from Taylor Avenue to Ness Avenue, including the St. James Bridge.

The plan — which gives the city the green light to begin buying the roughly 45 properties along the route — passed by a vote of 3-1, with Coun. Jenny Gerbasi voting against.

"I'm concerned about the sustainability of our city," explained Gerbasi after the meeting. "I think transit should have been given more attention in all of this.

"We need to get people out of their cars and give them alternatives, and really we're just facilitating more and more automobile use."

Gerbasi, who thinks the project will go ahead and had originally planned to vote in favour, says she changed her mind during the meeting because she wanted more information.

"I think they should be providing us with a cost-benefit analysis," she said. "We should be fully informed before we start making these kind of decisions."

As well as buying houses, the project also includes a plan to acquire land from the Kapyong Barracks — a property in limbo due to an ongoing legal battle between the federal government and aboriginal groups.

$130M

The project is pegged to cost at least $130 million and still needs EPC and council approval.

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On the web at metronews.ca

Stephen Colbert's Super PAC airs a new ad targeting Mitt Romney. Of course, Colbert had "nothing" to do with it. Watch at metronews.ca/video

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ELISHA DACEY/METRO

▶ WiseUp Winnipeg's Todd Dube talks to the media Monday morning.

Radar at intersection should have been publicized: Group

- At least 780 vehicles nabbed; may be up to $4 million in fines: Dube
- Emails obtained through freedom-of-information request

ELISHA DACEY
@METRONEWS.CA

An email released Monday by a local anti-photo-radar group shows at least one police officer felt the public needed to be made aware of a new speed trap at the corner of Grant Avenue and Nathaniel Street.

Todd Dube of WiseUp Winnipeg, along with Colin Craig of the Manitoba branch of the Canadian Taxpayers Federation, released a series of emails from Staff Sgt. Mark Hodgson, showing numerous requests for the Winnipeg Police Service to issue a press release about new enforcement at the intersection.

"Please do not start enforcement till you have drafted a press release and we have notified the PIO and a release is done."
STAFF SGT. MARK HODGSON, IN AN EMAIL

"I need to know when we are going to start enforcing and we need to do a press release prior to the start of enforcement," Hodgson said in an email, dated Oct. 5, 2011.

A press release never happened, and WiseUp Winnipeg showed tickets were issued to drivers going through the intersection on Oct. 1, four days before the email exchange.

The intersection is already under media and public scrutiny after WiseUp Winnipeg claimed the radar van placed there was nabbing people improperly by, for example, bouncing radar at an angle, across a median and with metallic objects, including a light standard and a fire hydrant near the vehicles.

"Any good radar operator knows you don't do that, you get inaccurate results," said Dube.

Dube said the emails show the photo radar enforcement program is being run poorly and wants a citizen committee to be formed immediately to oversee the program.

A statement from the Winnipeg Police Service said they did not notify the public as the intersection is in a school zone and it has not been their practise to notify the public of school-zone enforcement.

Shooting suspect to be returned to Winnipeg

One of two men accused of participating in a fatal shooting in Winnipeg last month has been arrested in southwestern Saskatchewan.

RCMP at Swift Current say Cody Joseph Kakeeway, who is 18, was taken into custody after they stopped a vehicle on the Trans-Canada Highway Saturday afternoon for an alleged registration violation.

They say the suspect was a passenger in the westbound vehicle that was also carrying two women.

Kakeeway had been named in an arrest warrant, along with a 19-year-old man, in last month's death of Darren Paul George. Mounties say Kakeeway will be returned to Winnipeg in the next few days to face a charge of second-degree murder.

THE CANADIAN PRESS

Blaze lays waste to home

Three people have escaped safely after a major fire destroyed a house in St. Norbert Monday morning.

The fire started in the garage after 6 a.m.

Damage was estimated at $400,000.

The two-storey home in the 100 block of Minerva Avenue was fully engulfed in flames and the fire could be seen from Highway 75.

A cause has not been determined.

METRO

MP Fletcher stepping down

STEVENFLETCHER.CA

▶ Steven Fletcher

A junior cabinet minister from Manitoba is stepping aside temporarily for medical treatment.

Steven Fletcher, who is the federal minister of state for transport, made the announcement in a statement on his website.

Fletcher, who is paralyzed from the neck down, says he will soon undergo medical treatment that will require "substantial recovery time."

He didn't explain the nature of his treatment, calling it a personal health matter.

While he thanked the public for support, Fletcher asked that his privacy be respected.

Fletcher says Minister of Transport Denis Lebel will assume his responsibilities until he returns.

THE CANADIAN PRESS

News in brief

Elm Creek home destroyed in fire

RCMP say a home in the RM of Grey has been destroyed by a morning fire. Emergency responders were told of a house fire on Church Avenue in the town of Elm Creek at about 9 a.m. Monday. The house was destroyed.

There were no reports of any injuries. The cause is being investigated but the blaze is not considered suspicious. METRO

Give your view on beds in jails

The adult corrections capacity committee will be holding provincewide consultations on how much additional bed space should be added to Manitoba's provincial jail system. Register by calling 945-7309. METRO

It's a battle-of-the-bulge throwdown

Toronto Mayor Rob Ford tipped the scales at 330 pounds Monday morning as he called on fellow North American mayors — some of whom are rather svelte — to join him in a six-month weight-loss campaign

Toronto Mayor Rob Ford has turned his battle of the bulge into an international throwdown.

In a tweet announcing the challenge, he singled out Calgary Mayor Naheed Nenshi, Vancouver Mayor Gregor Robertson and Halifax Mayor Peter Kelly, as well as New York City's Michael Bloomberg and Chicago's Rahm Emanuel, to join him.

Dubbed the Cut the Waist Challenge, the campaign aims to encourage the public to embrace a healthier lifestyle, said the mayor, who hopes to lose 50 pounds by June 18.

It's unclear how many of Ford's peers will take him up on the challenge, given that some are already known for their healthy habits and lean physique.

"Mayor Bloomberg exercises daily and very avidly watches what he eats — two reasons why he's about as thin as he was in college 50 years ago and not at all overweight," Bloomberg's spokesman, Stu Loeser, said in an email.

"Though this plan sounds like a great idea, it doesn't really apply to our mayor," he added.

Emanuel, a triathlete who logs daily workouts and carries a water bottle wherever he goes, may not have much to lose either.

Meanwhile, Robertson's website describes him as "a dedicated cyclist."

Ford said he hatched his weight-loss plan over the holidays.

"It's the heaviest I've ever been," the mayor said. "I've got young children. This is not healthy. You can't be running the city, you can't be doing all this at 330 pounds."

THE CANADIAN PRESS

▶ For exercise, Vancouver Mayor Gregor Robertson bikes to and from meetings.

RYAN TAPLIN/METRO HALIFAX

Peter Kelly

Halifax Mayor Peter Kelly, at five-foot-11, is roughly half the weight of Toronto Mayor Rob Ford. "Since, over the past few years, I've already lost over 30 pounds, I don't need to lose any more, and if I did you wouldn't be able to see me," Kelly said. Kelly politely declined the personal challenge, but said he would accept a community challenge.

METRO HALIFAX

HENNY RAY ABRAMS/THE ASSOCIATED PRESS

Michael Bloomberg

New York City's trim Mayor Michael Bloomberg politely declined the challenge. But that doesn't mean he won't stop pestering his fellow New Yorkers to drop some pounds. Bloomberg is continuing his public-health campaigns, warning about the dangers of sugar, salt and too much alcohol. And just last week, Bloomberg unveiled a subway ad blitz about portion control.

THE CANADIAN PRESS

CONTRIBUTED

Naheed Nenshi

Calgary Mayor Naheed Nenshi was hesitant to commit to Ford's challenge, but a spokesperson said he's considering it.

METRO CALGARY

Metro challenge

Metro staff are responding to the mayor's challenge by committing to a collective weight-loss goal. They're stepping on the scale each Monday for the next six months.

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LARS HAGBERG/THE CANADIAN PRESS

▶ Tooba Yahya and Mohammad Shafia leave the Frontenac county courthouse in Kingston, Ont., last Friday.

Crown theories akin to bedtime stories: Mom

A mom charged with killing her three daughters turned the tables on the prosecutor in her case Monday, accusing him of having an overactive imagination and likening his theory of what happened to a child's bedtime story.

Tooba Yahya, 42, was on the stand for a sixth day at the Shafia family murder trial, where she, her husband and their son are accused of killing the three girls and the first wife in their polygamous marriage. **THE CANADIAN PRESS**

Alleged war criminal must stay in custody

Quebec City man cited in Rwandan genocide UN looking into claims he could be tortured if deported

A Rwandan man who is facing charges of inciting genocide and crimes against humanity will remain detained pending a court decision on his deportation.

Leon Mugesera will return before an immigration board in a week's time if he is still in Canada, commissioner Dianne Tordorf ruled after an hour-long hearing in Montreal on Monday.

Tordorf described Mugesera as a flight risk who couldn't be trusted, given his hospitalization last week just a day before he was scheduled to be deported.

▶ Mugesera

For now, Mugesera will remain at a detention centre near Montreal as lawyers seek to keep him in Canada while a UN committee looks into allegations he could be tortured if he is deported to Rwanda.

Those arguments will be heard this Friday in Quebec Superior Court. **THE CANADIAN PRESS**

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EVAN VUCCI/THE ASSOCIATED PRESS

▶ Visitors to the Martin Luther King, Jr. Memorial in Washington, Monday.

S.C. rally marks King day with voting rights message

For most of 13 years in South Carolina, the attention at the National Association for the Advancement of Colored People's annual rally on Martin Luther King Day has been on the Confederate flag that still waves outside the Statehouse, which critics call a symbol of slavery.

But on Monday, the civil rights group shifted the focus to laws requiring voters to show photo identification before they can cast ballots, which the group and many other critics say is especially discriminatory toward African-Americans and the poor. **THE ASSOCIATED PRESS**

News in brief

Space probe's crash site still unknown

MARS MISSION. Russian officials say they still have no firm information where a failed Mars moon probe plummeted to Earth, the day after it went down.

The unmanned Phobos-Ground probe fell Sunday after being stuck in Earth's orbit for two months.

The $170-million craft was one of the heaviest and most toxic pieces of space junk ever to crash to Earth, but space officials and experts said the risks posed by its crash were minimal because the toxic rocket fuel on board and most of the craft's structure would burn up in the atmosphere high above the ground anyway.

The deputy head of Russia's space agency, Anatoly Shilov, told state news channel Vesti that agency data assumed the craft broke up somewhere over Brazil. **THE ASSOCIATED PRESS**

REAL ESTATE

Home sales surpass projections

So much for a housing-market slowdown in 2011.

Home sales across the country rose 2.2 per cent over 2010 to 457,000 units last year, according to data released Monday by the Canadian Real Estate Association.

That read is nearly a full percentage point higher than CREA had been anticipating in the fall when it projected a 1.4 per cent gain over 2010 to 453,300 homes.

However, the last few months of 2011 indicated a slowdown is on its way in the housing market, economists noted Monday.

The year was capped with a fourth consecutive monthly increase in December. Home resales were up 1.8 per cent from November and a relatively modest 4.6 per cent from December 2010. THE CANADIAN PRESS

Crown: Ex-Nortel execs cooked books

FRANK GUNN/THE CANADIAN PRESS

▶ Former Nortel Networks chief executive Frank Dunn leaves court in Toronto on Monday. The trial against him and two other ex-Nortel executives accused of falsifying financial reports is now underway.

Crown said financial statements were off by half-a-billion dollars

One of the biggest trials in Canadian corporate history got under way Monday, with the Crown prosecutor beginning to lay out his case against three former Nortel Networks executives accused of falsifying financial reports.

Former chief executive Frank Dunn, former chief financial officer Douglas Beatty and former corporate controller Michael Gollogly entered not-guilty pleas to two charges.

Crown attorney Robert Hubbard aims to prove the three men worked together to falsify Nortel's records and statements because bonuses for senior executives were linked to consecutive quarters of profitability. Hubbard said financial statements were incorrect in the first and second quarters of 2003. THE CANADIAN PRESS.

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar
+ 27.54 (12,258.60)	+ 0.45¢ (98.23¢ US)

Oil	Natural gas
- 99¢ US ($99.69 US)	$2.54 US (- 13¢ US)

Gold $1,643.50 US (+ $12.70 US)

'Tough choices' ahead: Harper

▶ Stephen Harper

With Europe on the verge of a new recession and the rest of the world facing economic uncertainty, Prime Minister Stephen Harper warns that 2012 will undoubtedly be another challenging year for Canada.

But he wants Canadians to know that he feels their pain.

"They (Canadians) are concerned about their jobs, their families and their financial security. We have listened to their concerns and we have acted with Canada's Economic Action Plan," Harper wrote Sunday to Conservative MPs.

But creating those jobs won't be easy, and Harper warns that "tough, important choices" will have to be made to keep the Canadian economy growing.

The federal government has increased spending every year for the last five years, but while 1.4-million Canadians are unemployed, Finance Minister Jim Flaherty has said such spending schemes will increase deficits and raise taxes. THE CANADIAN PRESS

WestJet mulls new regional carrier

WestJet is considering launching a new short-haul regional airline — a move observers say would intensify competition with its chief rival, Air Canada, and benefit travellers.

Few details were available, other than that the Calgary-based company is thinking about launching it as early as 2013 using a fleet of approximately 40 smaller, turboprop aircraft. "It's going to represent ... extra competition in many communities across the country where Air Canada's the only game in town," Robert Kokonis, president of AirTrav Inc., said Monday.

The airline industry is ultra-competitive and the potential move means it would be jockeying against Air Canada for customers where it hasn't had much presence. The move would be a departure from WestJet's strategy of flying only Boeing 737s, which is cheaper and simpler for training and maintenance. THE CANADIAN PRESS

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Cadillac CTS Luxury Coupe
Was $57,785 Now $50,880
Demo, fully-loaded incl. Navigation
Stock# 11663-0

Buick Regal Turbo
Was $44,225 Now $35,980
Demo, fully-loaded incl. Navigation
Stock# 11597-0

Buick Lucerne CXL
Was $41,495 Now $33,980
Leather int, brand-new, 48m warranty
Stock# 11615-0

Buick Lacrosse CXL AWD
Was $47,685 Now $40,980
Lux pckg, Sunroof, new, 48m warranty
Stock# 11660-0

GMC Acadia AWD SLT2
Was $63,425 Now $52,980
Full-load incl. Navigation, Sunroof, DVD
Stock# 11160-0

Cadillac Esclade EXT AWD
Was $89,785 Now $71,980
Demo, full equipped, Navigation, 22" rims
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FOUR WAYS TO DIVORCE JANUARY FROM ITS REPUTATION

SHE SAYS ...

METRO

Did you know that more couples file for divorce in January than at any other time of the year? Disheartening as it is, January's unfortunate notoriety as Divorce Month certainly makes sense. Couples on the brink of breaking up will fake it till they make it through the holidays, holding off until the new year to seek legal separation.

Luckily, I don't have much experience when it comes to divorce (thanks mom and dad). However, from the second-hand knowledge I've collected over the years, I know that there is never an easy time to say "I do" to divorce.

"Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold."

Sure, it might be a popular time of year to make your failed marriage official, but there are plenty of less depressing milestones worth celebrating. I say, let's take back January from the family law firms and make it a month dedicated to something other than irreconcilable differences.

Here are a few alternatives I'm proposing:

Give a Big Tip Month: In January 1914, Henry Ford established a previously unheard of $5-a-day minimum wage in his automobile factories. Why not celebrate this month by giving generous tips to all of those hard-working servers, cab drivers, baristas and other minimum-wage employees who make your life easier? In other made-up-holiday news, January also happens to be National Thank You Month, giving you another reason to show some gratitude.

Act like a Grown-up Month: On the second Monday in January, the Japanese celebrate Coming of Age Day in recognition of young adults who have reached the age of majority. Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold, not using emoticons in work emails and finally paying off your credit card bill.

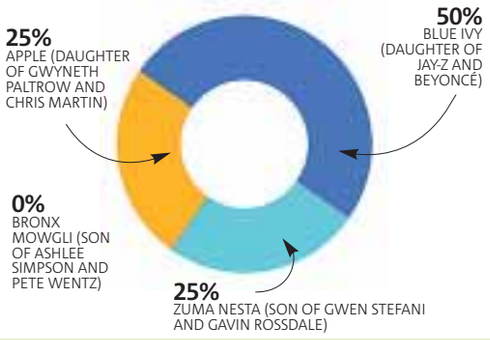
Get Political Month: In January 1916, Manitoba became the first Canadian province to grant women the right to vote in provincial elections. Recognize this moment in history by using the remaining days in January to learn more about Canadian politics. Stop forwarding S–t People Say videos to your friends and take some time to write to your local MP about an issue you care about.

Read a Book Month: Remember books? Well, this month (today in fact) marks Benjamin Franklin's 306th birthday, and as the founder of America's first lending library, he would want you to put down your iPad, get offline and become reacquainted with paperbacks. Of course, let's ignore the fact that I used Wikipedia to research all of these pieces of January-centric trivia.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

What's your favourite unconventional celebrity baby name?

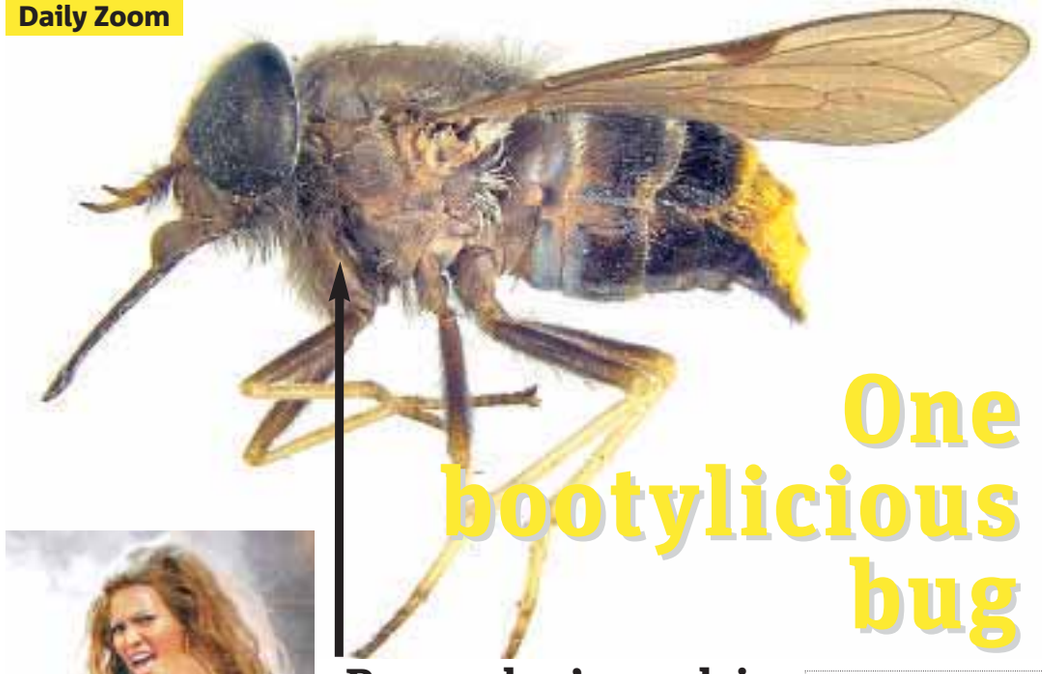

25%
APPLE (DAUGHTER OF GWYNETH PALTROW AND CHRIS MARTIN)
50%
BLUE IVY (DAUGHTER OF JAY-Z AND BEYONCÉ)
0%
BRONX MOWGLI (SON OF ASHLEE SIMPSON AND PETE WENTZ)
25%
ZUMA NESTA (SON OF GWEN STEFANI AND GAVIN ROSSDALE)

Local tweets

- **@MPdaledupuis:** I have a feeling Ottawa is overlooking an injured Winnipeg squad that struggles on the road because of TO tomorrow. Could be bad
- **@cupedoll_500:** My #cats know I love 'em, but I don't think they believe it when I gush over their trophies. #MouseParts #WeSavedYouSome #FelinePride #Blech
- **@Cpstraker:** Remember this week is going to be really cold! So, please don't let your pets out for long!! #dogs #cats #Winnipeg
- **@LeroyGold:** It's National Non Smokin' Week here in Canada, huh? Fine. I'll make mutha!@#$in' brownies. DAMN!
- **@BlueEyesWonder:** I need to start packing more interesting lunches. Then maybe it won't be such a chore to eat.
- **@jmhphill:** Hmm what else can I do besides my homework?
- **@fernandrolland:** So it turns out Winnipeg is a vintage/antique store paradise! Just thrifted an HBC wool coat for 45$....pictures soon!

Daily Zoom

BRYAN LESSARD/COMMONWEALTH SCIENTIFIC AND INDUSTRIAL RESEARCH ORGANIZATION/THE ASSOCIATED PRESS; INSET: FRANK MICELOTTA/GETTY IMAGES



One bootylicious bug

Researcher's crush is what's in this name

A newly discovered horse fly in Australia with its golden-haired bum is pinned at the Australian National Insect Collection in Canberra. For Bryan Lessard, a researcher of Commonwealth Scientific and Industrial Research Organization and a fan of pop diva Beyoncé, there was only one name worthy of its beauty: Beyoncé.

He wanted to pay respect to the insect's beauty by naming it Scaptia (Plinthina) beyonceae.

Previously published results were recently announced on the species that had been sitting in a fly collection since it was captured in 1981 — the same year Beyoncé was born.

THE ASSOCIATED PRESS

Beyonceae

- Lessard said Beyoncé would be "in the nature history books forever" and the fly now bearing her name is "pretty bootylicious" with its golden backside.
- He added he was unable to find any live specimens in 2010. However, at least one member of the public has alerted him that he was recently bitten by what's locally called the "gold bum fly."

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Beckinsale gets her bite back

Underworld star Kate Beckinsale explains how her stunt work is getting better with age

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

HANDOUT

▶ Kate Beckinsale reprises her role as the vampire Selene in Underworld Awakenings, which opens on Friday.

Underworld: Awakenings marks Kate Beckinsale's third outing — after skipping the franchise's last installment — as ruthless, gun-toting vampire Selene, so the British actress has had time to adjust to her character's temper. "I suppose it's my second or third time playing the character, so I'm used to the fact that she doesn't hold back when she's annoyed," she says.

Annoyed is one way to put it. In the new film, Selene bites, shoots and stabs her way through countless human and werewolf foe after waking up from a forced 12-year hibernation. And after three films, Beckinsale is still amazed she's developed a reputation as an action star. "It's so crazy, it's absolutely mad. And you'd think I'd be more used to it now," she says.

So what would the Oxford-educated actress like to be doing besides dispatching bad guys? Making people laugh. "I'm quite smiley and jolly in real life," she says. "I'd love to do more comedy. I don't find very many comedies where I find the women's parts are very funny. Bridesmaids was so exciting because that doesn't happen very often."

Of course, Kristen Wiig and her Bridesmaids crew had to write those parts for themselves. "Interestingly, they don't have children," Beckinsale says with a laugh. "I realize there's a limit to the multitasking that I'm capable of. There are people who are much more capable of doing 20 things, and I'm doing two as well as I can. So I know that I'm moving into a very different stage with my daughter. She's about to be 13 this month, and whilst obviously you're still their mother, it's in a slightly different way than when they're three years old. I'm anticipating a little bit more free time while she's on Facebook."

At 38, Beckinsale is by no means old, but Hollywood can be a cruel place for actresses. She acknowledges the industry's double standard for women and men when it comes to maturity, but she's ignoring it. "You're talking to someone who's just spent the entire year running about on a wire," she says. "For me, I haven't been handed my carpet slippers or experienced any career hot-flashes yet. I'm sure I will, but this hasn't been it. So I'm able to live in my little bubble where I'm not about to be 70 years old."

In fact, when comparing how she handled the stunt work on the first Underworld film to Underworld: Awakenings, Beckinsale says she's actually getting better with age. "I just feel better because I was such a novice then," she says. "Whether I've lost energy, eggs, hope, bone density, whatever — fullness in my breasts — I'm not aware of that as much as I am the fact that I'm more confident in the stuff."

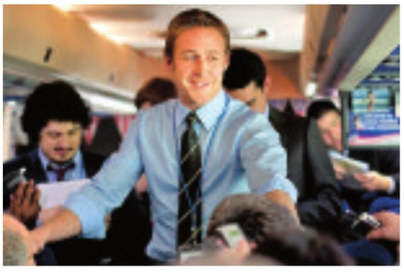
Hollywood today

▶ Kate Beckinsale is by no means a fan of the TMZ age, with constant paparazzi attention, but that doesn't mean she doesn't understand it. "I think we've lost that slightly magical air of what movie stars used to be," she says. "There's something that is very spoiled now. It is very tempting to expose everyone's feet of clay because we are so bombarded with visuals of the perfect female and male form that I think it's very oppressive to people. You can't help but want to actually prove it wrong because most of those photographs are airbrushed and most of those people are probably taking cocaine to be thin."

DVD reviews

Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

The Ides of March
Genre: Drama
Director: George Clooney
Stars: Paul Giamatti, George Clooney, Philip Seymour Hoffman, Ryan Gosling
◍◍½



George Clooney's presidential campaign drama traverses familiar political corridors, tut-tutting over backroom manoeuvres and minor loyalty tests as if this were 1952 rather than 2012. That's entirely forgivable, because stellar performances make the movie: Ryan Gosling and Clooney lead a crack cast that also includes Philip Seymour Hoffman, Paul Giamatti, Evan Rachel Wood, Jeffrey Wright and Marisa Tomei, all at the top of their game. They're great to watch together, even if your eyes occasionally roll.

Clooney, in his fourth and most accomplished directorial turn, casts himself as Mike Morris, the Pennsylvania governor who seeks to lead the Democrats in a presidential contest, first by winning the crucial Ohio primary. The film's central figure isn't Morris, but his press wrangler, Stephen Myers (Gosling). The talent's all there, but Clooney and frequent collaborator Grant Heslov lose the plot in their screen adaptation.

PETER HOWELL

Killer Elite
Genre: Action
Director: Gary McKendry
Stars: Jason Statham, Clive Owen, Robert DeNiro
◍½

In director Gary McKendry's latest eruption, Jason Tatham, Clive Owen and Robert De Niro play professional score-settlers of various vintages and shifting motivations. But what we see on the screen doesn't live up to the hype. The plot? Don't ask. While there's plenty of death on the screen, the real casualties of Killer Elite are the brain cells of people watching it.

PETER HOWELL

2 scene

Scene in brief

Kid Rock has apologized after a man complained that the musician smoked a cigar at a nonsmoking venue in the Detroit area. Randy Snell says Kid Rock lit the cigar while attending country singer Travis Tritt's show Friday at Andiamo Celebrity Showroom in Warren. Spokesman Nick Stern told The Detroit News that Kid Rock offered his "most sincere apologies" to patrons he may have offended. He said he had been drinking alcohol. Fifty-eight-year-old Snell of Trenton has asthma and says he plans to file a health department complaint. Michigan law prohibits smoking at workplaces including bars and restaurants.
THE ASSOCIATED PRESS

Golden Globe parties crowded with tired, but grateful, stars

Sunday night's alright for fighting

Elton, husband have choice words for Madge, who decides to play it cool

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Elton John and Madonna are in the middle of a huge feud — and honestly, I haven't seen two queens go at it this hard since RuPaul's Drag Race.

It started Sunday night at the Golden Globes, when both of the icons were nominated against one another in the category of Best Original Song in a Motion Picture.

Madonna was nominated for Masterpiece in W.E. while Elton was tapped for Hello Hello from Gnomeo & Juliet.

When asked by Carson Daly on the red carpet about the chances of Madonna winning, EJ quipped: "Madonna doesn't have a (expletive) chance."

ALL PHOTOS GETTY IMAGES

▶ Elton John

▶ Madonna

"Those are fighting words," Daly told Elton, who replied, "No, those are actual words."

Then, when Madonna actually won, Elton's partner, David Furnish, went onto Facebook to vent his frustration.

"Madonna. Best song???? (Expletive) off!!!"

Not satisfied, he continued his rant: "Madonna winning Best Original Song truly shows how these awards have nothing to do with merit. Her acceptance speech was embarrassing in its narcissism," he wrote.

Madonna won't fight dirty though (but, oh, how I wish she would fight dirty!), and backstage she was the emblem of polite.

"I hope he speaks to me for the next couple of years," she said about John.

"He's been known to get mad at me so I don't know. He's brilliant and I adore him so he'll win another award. I don't feel bad!"

Way to take the high road, Madge. You could have easily just pointed out that the man known for such classic compositions as Candle in the Wind and Rocket Man was this year hoping to win an award for a movie called Gnomeo & Juliet.

Celebrity tweets

Traffic. Right?

@ElizabethBanks

@daxshepard1

The only downside of loving your job is a decreased enthusiasm for TGIF.

@JulietteLewis

I am fascinated by my upstairs neighbors "activities". Like what could produce the constant creaks, elephant walking,moving of furniture etc

@batemanjason

I'm addicted to Activision's SKYLANDERS. Went to three stores yesterday - all sold out of the action figures. Had to go black market. Help.

Wilde, Sudeikis make it official

Olivia Wilde and Saturday Night Live star Jason Sudeikis went public with their romance over the weekend after months of quietly dating, adorably locking lips while out for a stroll in New York City's West Village, according to Us Weekly.

Sudeikis split from January Jones last year after six months of dating, while Wilde's divorce from Tao Ruspoli was finalized in October.

METRO

▶ Olivia Wilde

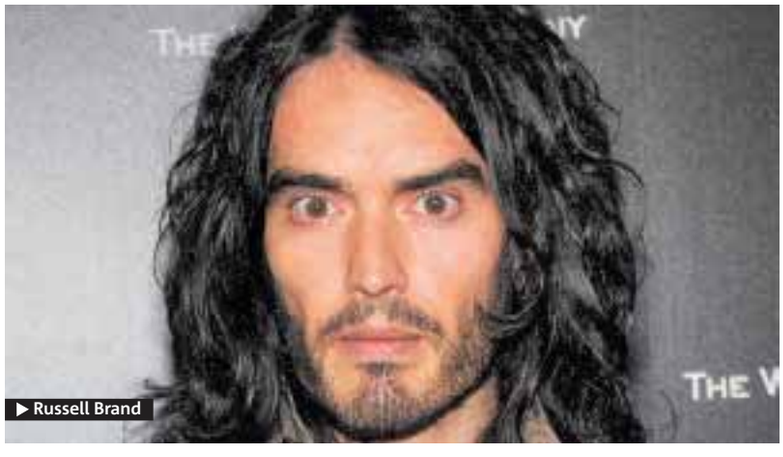
Twins in the cards for Kelsey

Kelsey Grammer knows how to move on from his ex-wife, The Real Housewives of Beverly Hills star Camille Grammer.

After winning the Golden Globe award for Best Actor in a Drama Series, Kelsey Grammer had another announcement to make: He and wife Kayte Walsh, 29, are expecting twins, he revealed to reporters backstage.

"I'm really looking forward to meeting these new arrivals," said Grammer, who has four children from previous marriages. "Fatherhood's always different, based upon the character that comes into your life. They arrive and tell you what you have to do."

METRO



▶ Russell Brand

Brand is 'quite well, thank you'

If you want to know how Russell Brand is handling his split from Katy Perry, you'll just have to come out and say it. Brand played coy when, during a press conference for his new TV series Strangely Uplifting, a reporter simply asked how he was doing, according to Hollyscoop.

"I'm quite well, thank you," Brand said.

"Are you asking because of recent events? Well, I suppose what you're doing is you're making the mistake of seeing time as linear."

While Brand tried to avoid discussing his personal life, he does admit it will likely play into his new show.

"I think there will be inevitable biographical elements because you can't speak from anyone's perspective but your own," he said. METRO

Demi goes clubbing with her daughters

Demi Moore is getting back into the swing of single life by tagging along with her daughters on their nights out, according to People magazine.

Moore hit up nightclub Beacher's Madhouse with 23-year-old daughter Rumer and her young pals recently, where she sipped Red Bull, danced on a couch and chatted up 27-year-old 90210 actor Ryan Rottman, sources say, adding that mother and daughter stuck by each other most of the night and stayed at the club until closing time.

METRO

Demi Moore

JEFF ENGERBRESTON

▶ Injuries can pile up quickly while on the slopes.

Ski smarter this season

We often hit the slopes without training — or thinking about the damage it could have on our body Professional skier Amie Engerbretson explains how adding yoga can help you out

Hot chocolate breaks and cheese fondue aside, a skiing holiday can be straining.

Even professional skier Amie Engerbretson, who also stars in catalogue shoots, finds the sport is tough on her body. Core work and yoga help her focus and thrive.

Build the core

Yoga builds up core strength, which is what maintains your back and without it you would struggle to stand up straight.

"People focus on building muscle in the legs when what they should be focusing on is the back," says Engerbretson.

"That's where you'll be taking a beating. Assuming you have a strong core and back, your body will be able to absorb the shock caused by the bumps you hit going downhill. With a weak core, your body will collapse on every impact, breaking down a little each time."

A strong core keeps you standing upright and stops you from hunching over, the biggest cause of the 'scorpion' fall, when your back curves and your legs (and skis) curl under your body.

People focus on building muscle in the legs when they should focus on the back.
AMIE ENGERBRETSON

Stand up straight

A lot of skiers suffer from poor posture but what they don't realize is that body alignment is directly linked to core strength.

"As soon as you get your skis on you should be thinking about getting your posture right," says Engerbretson. "Bring the spine upright, align your shoulders with the hips and drive your hips down into snow."

Load up your legs

In order to build up leg strength, Engerbretson cross trains, mixing up mountain biking, bar method and yoga. Yoga's holding poses, such as the tree pose, are particularly beneficial when it comes to strengthening the lower body.

"Holding poses require sustained muscle energy. When you're in the tree pose (standing on one leg) and stretch out your leg from the joint, you're actively engaging your core in order to balance on one leg."

Those who have done help this sort of pose will have experienced micro wobbles in their legs.

"The stabilizer muscles are the tiny muscles in the joints. When you stand in a balance pose and the leg wobbles, you are engaging and therefore toning and strengthening these tiny muscles and therefore protecting the knee joint." she explains.

METRO WORLD NEWS

The workout

3 SKI-BETTER MOVES

This aerobic workout will strengthen your legs, back and arms so that you can make the most of your ski trip.

KRISTIN McGEE
YOGA INSTRUCTOR

KRISTIN McGEE

▶ High Mountain

1 High mountain

for better posture and stronger thighs

Start with your feet hip-width apart firmly pressing into your feet and energizing your legs. On an inhalation, lift your arms up alongside your ears with your palms facing each other.

2 Forward bend with hand clasp

stretches the hips, hamstrings and thighs. The hand clasp increases the intensity of the pose.

Exhale, swing forward and clasp your hands behind your back as you fold in to a forward bend. Keep the weight from falling back onto your heels and stretch your hamstrings, back and shoulders in this forward fold. Scoop your lower abdominals in and up, and as you take your arms overhead try to keep the top of the shoulders relaxed.

3 Skier's chair pose into high lunge

chair pose strengthens the spine and thighs and the high lunge works on strengthening the legs and the arms.

Inhale, bend your knees and come in to a skier's chair tuck keeping your hands clasped behind your back, abdominals engaged. Bend deeply and gaze forward as you step your right leg back behind you and swing your arms up alongside your ears coming into a high lunge.

Make sure your front knee is directly over your front ankle and press firmly through your back thigh and out through the heel.

3 life

A new study shows

3

minutes of exercise a day could help prevent type 2 Diabetes, according to scientists from the University of Bath in the U.K.

METRO WORLD NEWS

Antidepressants in late pregnancy may double rate of rare condition in babies

A culinary trip to Thailand

Six-month-old restaurant impresses with Pad Thai and 42 other tasty eats

LUNCH RUSH

SVJETLANA MLINAREVIC
FOOD@METRONEWS.CA

For months, I've been driving past Vanxai's Laos Thai Restaurant on the way to work.

Its purple exterior promised something simple, good and authentic.

The interior was clean, unadorned and ordinary — but who cares. I was here to eat.

SVJETLANA MLINAREVIC

Pad Thai ($9.75)

Vanxai's Laos Thai Restaurant
79-B St. Anne's Rd.
996-9994
Client negotiations: Yes
Social lunch: Yes
Licensed: No
Price range: $5.50 - $10
Rating: 4 out of 5

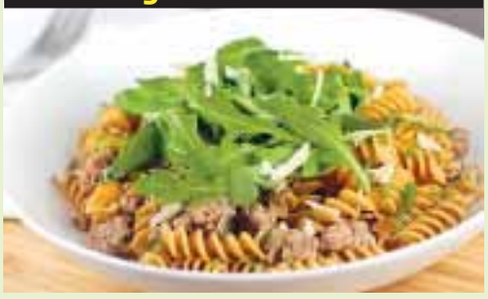
For me, to judge a good Thai restaurant is to taste its Pad Thai and this one, at $9.75, blew my socks off. Twisting rice noodles, tender chicken, fresh sprouts, green onion and toasted peanuts made me want to sing Getting To Know You.

The restaurant boosted 42 authentic Thai and Laos dishes, such as the Papaya Salad ($7.50) with its long crisp tendrils of papaya, carrot, and green beans; Seen Sawan ($7.50), a sweet and savory Thai beef jerky; and the Lad Nah ($9.50), rice noodles, vegetables and meat in a silken oyster sauce. All were delicious.

It was clear that this restaurant didn't need flashy decor to sell itself: The food did that.

THE CANADIAN PRESS H/O

Beef Arugula Rotini

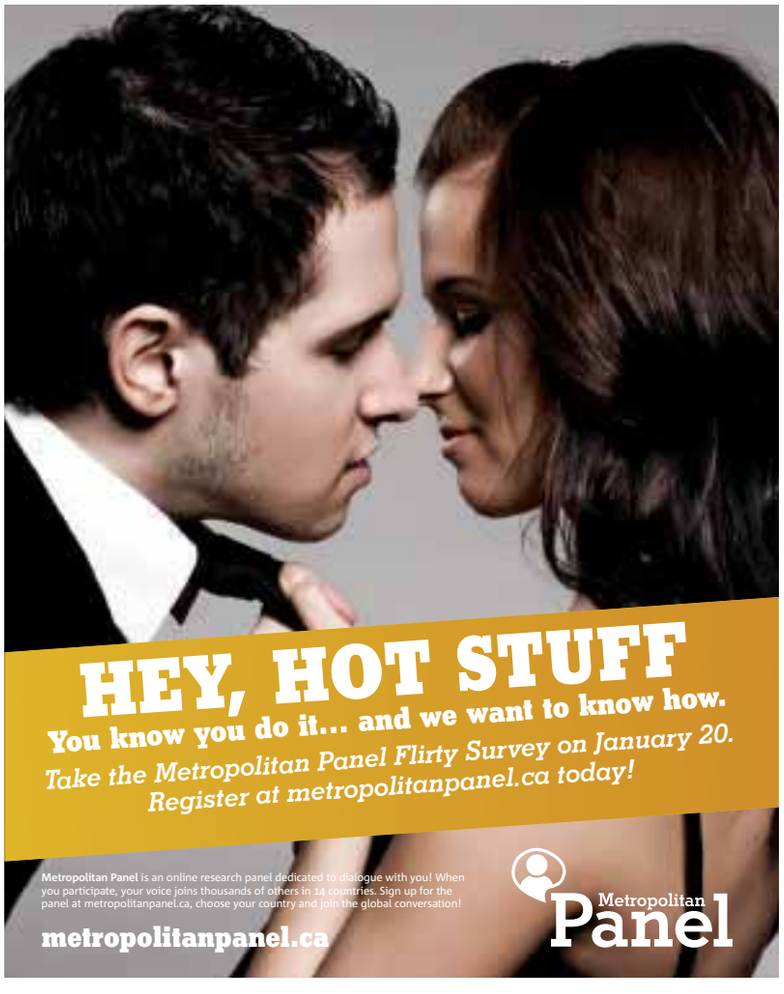


Preparation:

1. In bowl, combine beef, garlic, parsley, fennel powder and pepper. Cover and refrigerate for at least 1 hour. In nonstick skillet heat oil over medium high heat and cook meat mix until browned.
2. In pot of boiling salted water, cook pasta 10 mins. or until al dente. Drain, reserving 125 mL (1/2 cup) of cooking liquid. Add pasta to meat mix and stir in reserved pasta cooking liquid. Cook 2 mins. Remove from heat and stir in arugula and cheese to serve. **THE CANADIAN PRESS/ BARILLA**

Ingredients:

- 750 g (1 1/2 lb) lean ground beef
- 2 cloves garlic, minced
- 15 ml (1 tbsp) chopped parsley
- 1 ml (1/4 tsp) fennel powder
- black pepper
- 15 ml (1 tbsp) olive oil
- 1 pkg (500 g) whole-grain rotini
- 500 ml (2 cups) torn arugula
- 30 ml (2 tbsp) Parmesan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Metropolitan Panel

Hakuna Frittata, rapini-style

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

EMILY RICHARDS

This recipe serves four.

Ingredients:

- 1 bunch rapini, trimmed
- 2 tbsp (25 mL) olive oil
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper flakes
- 6 eggs
- 1/4 cup (50 mL) freshly grated Parmesan cheese
- 1/4 tsp (1 mL) salt
- Pinch pepper

Preparation:

1. In pot of boiling water cook rapini for about 6 mins. or until tender but firm. Drain well and using wooden spatula gently push down on rapini to remove even more water. Chop rapini coarsely.
2. In 8-inch (20 cm) nonstick skillet, heat oil over medium heat and cook garlic and pepper flakes for 1 minute or until fragrant. Add rapini and toss to coat; cook stirring for about 8 minutes or until beginning to brown and get crispy.
3. In bowl whisk eggs, cheese, salt and pepper. Pour into skillet stirring to combine with rapini. Cook lifting edge with rubber spatula letting runny egg go to the bottom until bottom is light golden and top is set. Place large plate over top of skillet and invert frittata onto plate. Slide frittata back into skillet and cook for about 3 minutes or until golden. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.**

ISTOCK

▶ When you have trouble communicating with someone who speaks another language, don't raise your voice. That's just plain ol' rude.

COMMUNICATING IN A FOREIGN LANGUAGE

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

I'm back on the road this week and am currently in Bangkok, Thailand.

I have observed what seems to happen often when I travel to foreign countries — people have trouble communicating with each other because they don't speak a common language.

When communication breaks down, people start to raise their voice and treat the service person like an imbecile.

This, to state the obvious, accomplishes absolutely nothing except raising your blood pressure and making you look like an idiot.

So what to do? I think there are four techniques we can all use to best try and communicate in the absence of an interpreter.

1. Slow down. Speaking quickly makes it very hard for others who do not speak our language to understand us, so slowing down might help a little.

2. Annunciate your words. Truth be told, we are not the best generation at pronouncing our words clearly. Slowing down and annunciating all of our words better gives the listener a chance to understand the gist of what we are trying to communicate.

3. A calm tone is always best. Keeping calm helps keep the entire communication going smoothly.

4. Hand gestures will always help bridge the gap between the two of you, so if possible, travelling with a champion charades player may always be of help!

On my current Asian business tour, I learned something of great interest: in Shanghai, three luxury hotels require their workers to attend English-speaking classes paid for by the hotel.

The objective is to ultimately better service the English-speaking traveller.

How interesting that on the other side of the coin, I have yet to find a hotel in English-speaking countries to provide and offer Mandarin-speaking lessons to their employees.

With an estimated 150 million middle class Chinese tourists expected within the next few years, I see a lot of hand signals and slow speaking people in the future.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

5 minutes with: Amber Bacon

Canadian ex-bachelorette opens up

PHYLICIA TORREVILLAS
LIFE@METRONEWS.CA

CITYTV

▶ Amber Bacon

Amber Bacon, a Port Coquitlam, B.C., nurse and the only Canadian who had a chance to woo The Bachelor, talks to Metro about her time on the show, not getting a rose and her message to Ben Flajnik.

Giving Ben a taste of bacon by having him kiss your hand, was that on the spot or not?
I had it prepared and wanted something that was a little bit fun, flirty and memorable so I thought the 'Baconator' was fun. I don't take myself too seriously so I was able to poke fun at my name and I thought that was good.

How was it being in one room with 24 other women? Did you see some checking out the competition?
I think girls always look at other girls and size them up to try and see who they're up against. I think that's normal for girls in any situation. In any bar you go to, all the girls are kind of looking at each other. This situation is a bit high stress and a bit more intense, so some of the girls can take their emotion to the next level and get all riled up.

What are your thoughts on people saying this was the 'most gimmicky' Bachelor premiere ever (somebody brought her grandma, another came in riding a horse)?
I think the girls really wanted to stand out so they did whatever they can to make Ben remember. There are so many girls and I don't even know how he would remember 25 names. If you do something big like coming in on a horse, and he would be like, 'Oh that girl on the horse.' I think that was smart of them that they got his attention.

How did you feel about not getting a rose?
I was a little disappointed that I didn't get more time to be on the show and to see if I liked Ben. At the same time, not everyone likes everyone. I'm still a great girl and he's still a great guy.

Are you rooting for anyone?
I really liked Lindzi (Cox), the girl who came on the horse. I do think she was a really nice, down-to-earth girl. I had spent time talking to her and just thought she was a genuine, classy lady so I'm pulling for her.

What's your message for Ben?
You gave up on the best girl in the world. Good luck.

The Bachelor airs Mondays on Citytv.

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GOOD JOB, CANADA!

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Pat yourself on that back! The BMO holiday spending survey results were released last week and 76 per cent of Canadians reported they spent less than they had planned over the holidays. On average, Canadian households shelled out $1,029 on food, drinks, gifts and entertainment; $300 less than what most were expecting to spend.

Around 25 per cent of that same group listed 'reducing household debt' as their number one priority for 2012. Pulling in second place, with 24 per cent of respondents, was a resolution 'to save more for retirement'. The top three ways to achieve these goals are:

• Spend within your budget. Use online financial tracking and budgeting tools to keep a close watch on your spending. These tools are free with your online banking. Once you know where your money is going, you can find ways to cut back. If overspending knocks you off budget, ask your three- year-old niece or nephew to hide your credit cards in a secret spot in your kitchen. By the time you've found your cards, the wave of spending temptation will have passed.

• Tackle your debt head on by paying a little extra whenever you can scrounge up a few dollars. If you're paying high interest rates, negotiate for lower ones.

• On payday, before you pay your bills or hit up the ATM, automatically contribute savings to a registered investment plan like an RRSP or TFSA. Many employers will set this up for you or you can ask your local banker for assistance.

Slow and steady wins

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Let's say you're young and invincible. The world is within your grasp. But you'd love to see your savings grow like crazy so you can retire at 45, take off and see the world. I know, I've been there.

Many advisors will tell you that because you're young you can afford to take investment risks in order to grab the stock market brass ring. That means loading up your RRSP with equities (stocks) and also choosing those so-called high risk-high reward sectors to turbo boost your returns. Even if you hit a bad patch in the market, you're told, you have a long time frame and lots of opportunity to make up losses.

I've got news for you. If you're young, you don't need to take risks. Believe it or not, conservative beats out aggressive across almost every time period.

Here are three investment rules for all you 20- and 30-somethings.

1. Keep it simple smartie

Don't have lots of investments. Two or three broad-based, low-fee exchange traded funds (ETFs) will outperform most complicated, expensive mutual fund portfolios.

2. Invest regularly

This is called dollar-cost averaging. The stock market can get pretty crazy so by investing monthly, quarterly or even twice a year you will smooth out those bumps.

Sometimes you'll buy when stocks are on a tear, sometimes you'll invest when they're in the dumps.

ISTOCK

▶Alison's money rule: When it comes to RRSP investing, conservative and safe is a winner over time.

Just don't stop investing because fear is keeping you on the sidelines.

3. Go with boring

Fixed income (bonds and cash investments like GICs) are pretty dull. But the research is crystal clear — portfolios with a good amount of bonds and GICs produce just as good returns over time as those loaded up with equities in the form of stocks, mutual funds or ETFs — and with a lot less risk.

I'm not saying don't invest in the stock market, but just be aware that the fixed income tortoise, despite the current low interest rates, has beaten the equity hare over many time periods.

In my new book, Count on Yourself: Take Charge of Your Money, I lay out some very easy-to-follow, conservative portfolios for the younger (and also older) crowd with returns that equal or better more aggressive ones.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

RETAIL SALES ACCOUNT MANAGER

Metro Winnipeg is seeking a Retail Sales Account Manager to achieve regional targets for both print & online, plus page yields, by developing and growing an existing retail sales territory. As part of a highly cohesive sales team and reporting to the Sales Manager, Metro Winnipeg the successful candidate would have the following:

PRIMARY RESPONSIBILITIES:

• Manage an assigned retail sales territory and acquire market knowledge by becoming involved in the territory's community
• Design advertising programs to match clients' objectives
• Prospect for new accounts by soliciting new business in the marketplace
• Creatively negotiate rates in accordance with Metro's guidelines and restrictions
• Sell a portfolio of Metro branded products
• Keep clear and accurate customer files in Metro's CRM

REQUIREMENTS OF THE POSITION:

• Post secondary degree or diploma in a related field preferred
• At least 3 yrs experience in retail sales, media sales is an asset
• Valid drivers license and a vehicle
• Proficient in Microsoft Office including PowerPoint, Excel, Word & Outlook
• Attention to detail and thoroughness in the execution of tasks
• Creative, efficient, flexible, entrepreneurial, collaborative & detail oriented
• Strong communication abilities: writing, presentation and design
• Proven track record in profitable selling

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than January 31, 2012.
PLEASE QUOTE: "Retail Sales Account Manager - Winnipeg" in the subject line.
All submissions will be treated as confidential.

metro

How good is your 'hood?

Show asks 100 families to raise their collective net worth by $1 million

BRUCE SELLERY
MONEY@METRONEWS.CA

As co-host of Million Dollar Neighbourhood, Bruce Sellery helps families address their money problems with tough love. The show starts in Aldergrove, B.C., where one community will confess their bad money secrets, come to terms with their debt denial and find a whole lot of money by selling, downsizing, swapping, bartering, investing and some good old-fashioned sweat equity.

Feeling inspired to save? Here's Sellery's Top 3 tips for Metro readers.

Get fanatical about fees: You drive out of your way to save a dollar on diapers or a dime on gas, but don't look closely at the fees you're paying for cellphone plans, Internet, banking and investing. Figure out what you're paying then see if you can get a better deal from a different provider. If you can, call and ask your company to put you on a better plan. If they won't, saunter on over to their competition.

Put your credit card on ice: Store your credit card in the freezer and live cash only for one month. Yes, it is totally inconvenient and annoying, but will make you more conscious of what you spend your money on. This will help you find some places to cut back. Credit cards mask over the pain of spending, which is one reason consumer debt levels are so high. Pain can be a good thing as it helps us avoid danger. Going cash only will help bring back the pain and reduce the danger of over-spending.

Take a second look at past tax returns: Consider using a professional tax preparer to look at old returns and see if there are tax credits or deductions you may have missed.

CONTRIBUTED

▶ Bruce Sellery, left, and Dr. Joti Samra co-host Million Dollar Neighbourhood. The show's winning family gets $100,000.

MILLION DOLLAR NEIGHBOURHOOD PREMIERES SUNDAY ON OWN.

Nadal wins despite injury

Rafael Nadal has a new injury — a tendon problem in his right knee that nearly forced him to forfeit a first-round match at the Australian Open on Monday that he won handily.

Roger Federer, defending champion Kim Clijsters and top-seeded Caroline Wozniacki were also bothered by injuries coming into the year's first Grand Slam event, but all advanced in more routine fashion and appeared to be over their ailments.

That wasn't the case with Nadal. Bothered by a left shoulder injury late last year, the Spaniard's right knee was heavily taped during his 6-4, 6-1, 6-1 win over Alex Kuznetsov.

"I was sitting on a chair in the hotel, I felt like a crack on the knee ... really strange," Nadal said. "I stand up. I felt the knee a little bit strange. I moved the leg like this two times to try to find the feeling. After the second time, the knee stays with an unbelievable pain completely straight. I have no movement on the knee."

He wasn't completely sure he could play but decided to do so after an MRI exam showed no major damage, although he still had concerns.

"I started with a little bit of a scare at the beginning, and nervous because I was really disappointed yesterday," he said. "But after the first 10 games ... I started to play with normal conditions."

Nadal added that he doesn't quite understand what happened, but "I am really happy that today I was ready to play and I played a fantastic match."

Milos Raonic of Thornhill, Ont., is the lone Canadian in the men's singles draw. The No. 23 seed will face unseeded Filippo Volandri of Italy on Tuesday. Vancouver's Rebecca Marino, Stephanie Dubois of Laval, Que., and Aleksandra Wozniak of Blainville, Que., are also scheduled to play Tuesday. THE ASSOCIATED PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Winnipeg's Jim Slater scores on Ottawa goalie Craig Anderson on Monday.

Mason builds wall against Senators

25-save shutout gives Jets the victory Slater, Enstrom score

Chris Mason stopped 25 shots for his second shutout of the season as the Winnipeg Jets defeated the Ottawa Senators 2-0 Monday night.

This was the first time this season that the Senators had been shutout.

Jim Slater and Tobias Enstrom scored for the Jets (21-19-5), who snapped a three-game losing streak.

The Senators (25-16-6), coming off a perfect road trip where they went 3-0 and winners of eight of their last nine, looked tired and uninspired.

Craig Anderson, who was 8-0-1 in his last nine starts, stopped 33 shots.

JETS	SENATORS
2	0

Ottawa is known for its third-period comebacks, but the Senators were unable to overcome the 2-0 deficit they faced.

The Senators had two great chances in the dying minutes of the third period, but Mason stopped the first and the second hit the crossbar. A power play in the dying seconds of the period proved to be ineffective as well.

After being outshot 13-3 in the first the Senators came out with a much better effort to start the second, but were unable to beat Mason despite a few solid chances.

The Jets made it 2-0 as Enstrom's shot from the faceoff circle beat Anderson through his legs.

The Jets wasted little time taking control of this game with Slater scoring 49 seconds into the first, taking advantage of some poor defensive coverage by Ottawa.

The Senators had a scare late in the first after Evander Kane levelled Erik Karlsson in the corner. Karlsson was slow to get up, but did remain in the game.

Chris Neil looked for retaliation late in the period, but only ended up leaving Ottawa shorthanded as he was assessed a double minor for roughing.

Ottawa will have little time to ponder its performance as the Senators head out for a five-game road trip starting with Tuesday's game in Toronto.

THE CANADIAN PRESS

4 sports

Jets preview

Winnipeg at New Jersey
6 p.m.
TV: TSN-Jets

The Jets (21-19-5) head to New Jersey (25-17-2) for their second game in two nights. The Devils have won four of their last five games, including a 2-1 win over Winnipeg on Saturday. Patrik Elias scored the winner in that game to extend his point streak to five games, with three goals and four assists. Ilya Kovalchuk was held pointless and saw his four-game, eight-point run come to an end. Adam Henrique (groin) missed Saturday's game but is expected to play tonight.

THE CANADIAN PRESS

Scan code for more sports.

Crosby turns to familiar treatment

Penguins star to make return visit to Toronto-born chiropractor

Sidney Crosby's recovery is back in the hands of chiropractor Ted Carrick.

The Pittsburgh Penguins announced Monday their captain will meet with Carrick this week. Crosby was treated by the founder of chiropractic neurology in August and credited him with helping accelerate his return from a concussion earlier this season.

Crosby last played for the Penguins on Dec. 5, when his concussion symptoms returned.

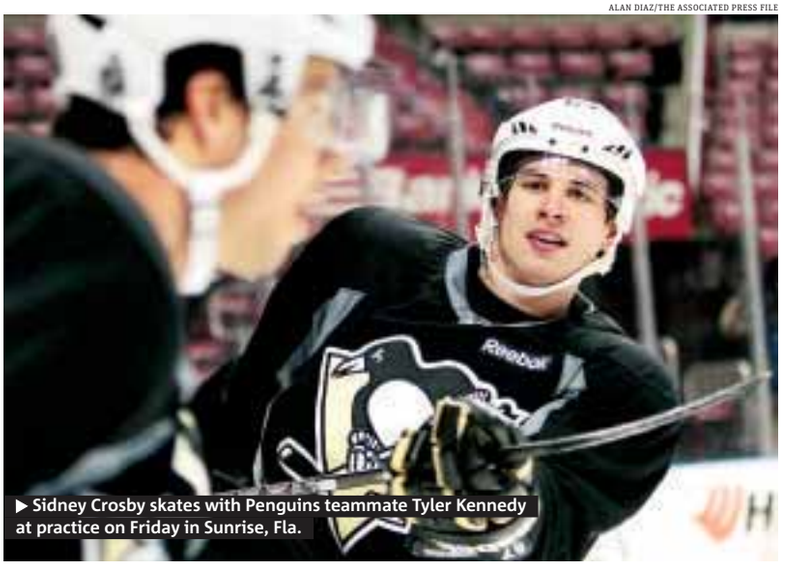
Crosby's agent, Pat Brisson, noted Carrick specializes in helping improve the "vestibular system" — which contributes to balance and spatial awareness.

That continues to be a problematic area for Crosby. He accompanied the Penguins on a three-game road trip last week and skated twice in Florida, telling reporters afterwards he continues to deal with issues related to motion.

"Sidney has made a lot of progress but he is still having some symptoms, so this is the next step in his recovery."
PENGUINS GM RAY SHERO

"The motion stuff has kind of been the issue, both the time before and now going through it for a bit," Crosby said Friday. "The good thing is that I have a pretty good handle on it, and I'm always able to (treat) that. That was a big help in August when I went to Atlanta (to see Carrick).

ALAN DIAZ/THE ASSOCIATED PRESS FILE



▶ Sidney Crosby skates with Penguins teammate Tyler Kennedy at practice on Friday in Sunrise, Fla.

"So I know I can handle that if I need to and if it comes to that."

The Toronto-born Carrick practises in Florida and Georgia, and founded the Carrick Institute for Graduate Studies to teach his method of treating brain injuries. Viewed by some medical professionals as unorthodox, Carrick's holistic approach has gained notoriety through his work with Crosby, which was chronicled on CBC's Hockey Night in Canada and in a lengthy Maclean's feature.

Carrick's treatment combines chiropractic practice with neurology and includes the use of a "whole-body gyroscope" — a rotating chair which spins upside down in an effort to stimulate the brain.

"We tailor our treatments very specifically to the individual," Carrick told Maclean's last year. "When we have an area that's not working right, we look at other areas that can compensate for that if we need to, or we look at mechanisms to make those areas work right."

Since being diagnosed with a concussion Jan. 6, 2011 — after taking hits to the head in consecutive games — Crosby has appeared in just eight NHL games, registering two goals and 12 points.

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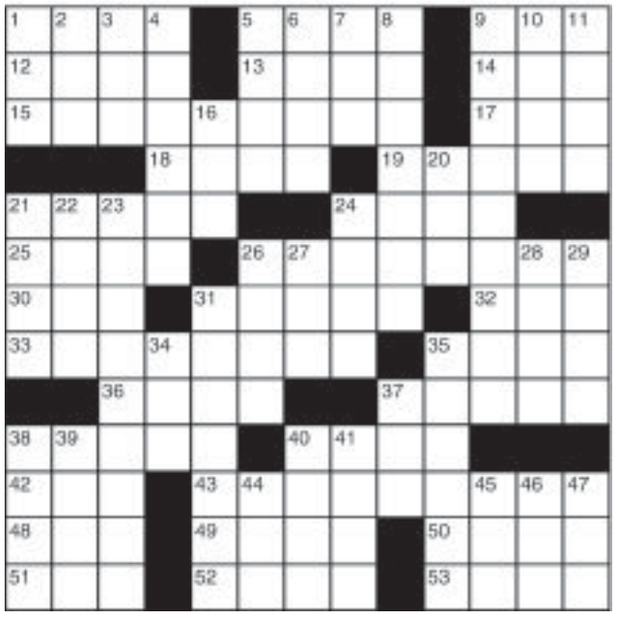
*No purchase necessary. Contest closes January 31st, 2012. Open to residents of Canada who have reached the age of majority in the province or territory in which they reside as of the last day of the month prior to the date of entry. One (1) grand prize is available to be won with an approximate retail value twelve thousand two hundred and fifty dollars ($12,250 CDN), and five (5) prize packs are available to be won with an approximate retail value one hundred and eighty dollars ($180 CDN) each. Mathematical skill-testing question required. Odds of winning depend on total number of eligible entries received by the contest closing date. Winner and guest must be prepared to travel to Helsinki, Finland on May 3rd to May 6th, 2012.

Crossword



Across

1 Help on the sly
5 Creche visitors
9 Sch. org.
12 Short skirt
13 Astringent
14 Rowing need
15 Quickly
17 Take to the slopes
18 Stretch vehicle
19 Played Hamlet, e.g.
21 Stares stupidly
24 Soon, in poetry
25 Crucifix
26 Some graduate courses
30 — and outs
31 Maximum
32 "The way" in China
33 Debris
35 Crazy
36 Stubborn beast
37 Dissolves
38 Sordid
40 Many millennia
42 Standard
43 Put off
48 Request
49 Operatic solo
50 Goodyear product
51 "Indeed"
52 Transaction
53 Verve

Down

1 Roadie's equipment
2 Life story, for short
3 Type measures
4 Like nobility, e.g.
5 Sir's partner
6 Too
7 Eviscerate
8 "This is no joke!"
9 Of the very, very young
10 Seize
11 Saharan
16 Man's possessive
20 Swindle
21 Puzzle diagram, e.g.
22 Highly rated
23 Mailing-date indicators
24 Writer Kingsley
26 Location
27 Ostrich's cousin
28 Huck's transport
29 Drunkards
31 Frog's perch, maybe
34 Piratic potation
35 Signify
37 Unruly hairdo
38 Fix, in a sense
39 Relaxation
40 Europe's neighbour
41 And others (Lat.)
44 Raw rock
45 Zero
46 Historic period
47 Lair

▶ Monday's answer

Sudoku

		4					5	7
	6	2		5	3			
7			9					
1		6	8		5			
	2						1	
			2		9	4		8
					6			1
			3	4		7	8	
2	3					9		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

honey
if loving u is wrong i dont want to be right
FROM BEE

My girl
i will never be a socialite would want to be a socializee.
FROM ME

I'm sorry
I love you. I can't help it. Maybe something will help me out,
FROM I'M YOUR FRIEND

White shirt
Last Thur I was in DT hopefully to me you after an hour I saw you in the car of mercedes-benz with white shirt right or I was dreaming?
FROM ME

Ba
Yeah, I have classes everyday and I need to be protected or socialized even through this is a piece of cake for me.
FROM ME

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -23°	Min -32°	Min -22°
Max -17°	Max -22°	Max -18°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
What are you hoping for? What is the one thing that would make your life more enjoyable? If you know the answer to those questions then you are closer to success than you think.

♉ Taurus April 21-May 21
You can sense that something unusual is going to happen and that it's only a matter of time before your talents are rewarded.

♊ Gemini May 22-June 21
You've no doubt had your fill of upheavals of one sort or another and it won't be long before a more positive phase begins.

♋ Cancer June 22-July 22
You will make a new friend — someone who not only brings a great deal of fun into your life but who will, at some stage in the future, benefit you financially too.

♌ Leo July 23-Aug.23
Worry less about your work and worry more about your relationships.

♍ Virgo Aug. 24- Sept. 22
However fast you happen to be moving you should slow down a bit over the next few days.

♎ Libra Sept. 23-Oct. 23
Life may have been tough of late but in a few days time you won't want to trade places with anyone.

♏ Scorpio Oct. 24-Nov. 22
You must speak up and tell the truth as you see it.

♐ Sagittarius Nov. 23-Dec. 21
Today it will pay you to keep a (very) low profile.

♑ Capricorn Dec. 22-Jan. 20
There's no excuse to give up on things that should have been finished by now.

♒ Aquarius Jan. 21-Feb. 18
Your ego needs stroking so get out there where you'll be seen.

♓ Pisces Feb. 19-March 20
Your task today is to cut out the noise of your everyday environment and pay attention to that small voice within. It has lots to tell you. SALLY BROMPTON

Caption contest

STINE BIDSTRUP/POLFOTO, THE ASSOCIATED PRESS

KYODO NEWS/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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